



**Finchy
Friends**
Spoke's Aquarius
facilitates
and educates
Pages 4 & 7

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Celebrating
a 4th**
433K Art Show
celebrates
good culture
Page 6

WEDNESDAY, JANUARY 13, 2014

CONESTOGA COLLEGE, RITCHIESTER, ONT.

WWW.SPOKEONLINE.COM

43RD YEAR - NO. 2

New age of music begins at Conestoga

BY MARK LAMBERT

Who needs a recording studio when you can just use a MacBook or an iPad? That is the "revolution" in music Conestoga has started to promote this year.

This college has launched three new programs this month at the Robinson Studio Project, the new multi-studio live complex on Chatham Street. The complex will lend up to the launch of a new program called modern music arts in September.

There are already some pretty big names involved in the project. The *Spoke of Music* series played a pivotal role in developing the complex. It also provided the long-term friend and music producer David Gray to know the facility and needs of his projects to make them at Conestoga's on the hill.

David Hinkle, an audio engineer, music producer and owner of the David Hinkle located in Richmond, will assist the idea of Conestoga getting behind, not funding such an innovative and rapidly expanding field.

"There is a much potential out there, being an audio engineer, being you with a million different career paths out of you. It's great the school can see the potential and is wanting into the local community to help expand the same here," Hinkle said.

Like most of the programs offered at Conestoga in the School of Media and Design, Apple products and software will be the primary tool for the majority of the classes.

(Continued on Page 3)

SICK OF SHOVELLING YET?



PHOTO BY BENNY GARDNER

Spoke Park shows its beauty after an intense overnight rainfall Jan 6. The week light shines are expected with significantly warmer temperatures ranging from highs of 3 to 15.

YouTube's copyright policy flawed

YouTube's system for removing copyrighted material called Content ID issued thousands of claims to users in early December after a policy change allowed copyright holders to make copyright claims on a wider range of videos. It's not more specific, it's simply allowed users who have submitted their videos which allow them to control all content.

Content ID system already goes through videos posted to YouTube and compares the content to those in a data base. If there is a match, the video is flagged. The video can be de-monetized, allowing people to still view the video but removing any profit the uploader could receive and giving it to who ever has a copyright claim. The user's account can receive a strike if the video is removed and over the amount strikes then the account is suspended and can no longer upload videos.

While people who use YouTube as a source of income worry the typical YouTube user does not own a million of them. That's over a million people



Conny
Schmalenberger
Opinion

whose videos can potentially be affected by these claims.

And if those users are legitimate claims, maybe it wouldn't be so bad. But, several users complain have come out, and a user that they've had nothing to do with is lost part of the claim.

"YouTube's the last, an issue if you've had videos flagged today. There may be alternative flags not only paid by us Content ID system. "We are currently doing

Most companies don't have a complete ban on their material being shown as videos. Usually, for example, allows people to make ad revenue ad because of their music provided that the video did not contain rules.

Music on the same can be claimed as well, and it's very likely that most of these claims are because of music. On an end user, to users concerned about Content ID, YouTube gives you an option to avoid copyright claims with an option on what to do with an your claim.

The issue of music, which users allow you to turn off background music while leaving music effects enabled. And if you're looking for music you can directly use (and monetize) check out our Audio Library.

The response to the sudden increase in automated claims was swift and largely negative. Several users released video blogs concerning the policy changes. But, one of the most interesting responses came after YouTube's response. YouTube user Don Bull's YouTube does track in a log detailing how the system works. How it has been used and on the manipulated and how some users continue can happen.

(Continued on Page 3)

NEW

Spoke Online Web App

Now 100% compatible with student life



RECORD-BREAKING WIND CHILL CAUSES MANY STUDENTS TO CONTEMPLATE HIBERNATION



Not even Nivens (from left to right) Lucas Bursick and Jurek Gendrich, all first-year architecture engineering construction technology students, braved the -31.2 Celsius weather outside the college on Jan. 7.

Big name assists small project

Blue Rodeo's Bob Egan designs courses

BY MICHAEL

Two courses in particular, Introduction to First-Century Recording and Technology and Introduction to the Recording Studio, will require the use of Blackboard in iClick to complete the projects assigned.

The launch of these courses will require a number of a week or so before the official website up and running and as of now, there is no word on the status of the project.

Black and the Band Dorey will welcome students looking to participate in the course in the future and will ultimately be left with a small Blackboard page.

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A cure for the winter blues

BY MARK LORRY

It might be the cold weather or the lack of sunlight or the extra after the holiday season. Whatever the reason, the winter blues are more common than you might think.

Fighting off depression runs from person to person. However, there are some of the ways you can beat the winter blues. Consulting a professional help and a free website to all students.

As a university goes up and down, last, especially one of the most ways to relieve stress is to take in the sun, get your mind off the winter blues and have a good time. There are several

reasons as to why some people get back to work. It's not just about the weather, but also about the weather. It's not just about the weather, but also about the weather.

Having friends over for a sleepover might be something. Winter blues are also a common problem. It's not just about the weather, but also about the weather. It's not just about the weather, but also about the weather.

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YouTube opens copyright law can of worms

BY MICHAEL

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Educators don't know best

BY RYAN CHITRE

Educators do not know better than students and parents. This is especially true when talking about students' medications. On Oct. 9 (2007) Ryan Chitire, a 13-year-old boy, died on his stomach. One, when he began to suffer from his stomach's attack, and the school tried to provide him with his asthma puffer at times. Ryan died because his puffer was locked away in his school's office and nowhere near him.

Ryan's mother had repeatedly given the boy a puffer to take to school only to have it stolen by teachers. Chitire would receive phone calls reminding her that there was a puffer in the office and that Ryan would attempt to bring one to school.

It is understandable why educators don't trust their students running around with drugs in their pockets. It would undoubtedly be a catastrophe were there no there is an enormous difference between monitoring medications such as insulin for students with diabetes and problems and medications that are for their eating life-saving purposes. Most monitoring medications are not required to turn a person from healthy to being out of range from the student to their life-saving medication needs to be accessible immediately.

The Ontario Health Association says that 1.8 million people have asthma in this province, 600,000 of whom being children. Every student should have direct access to their own medication, no ifs, ands or buts. Whether it is a puffer or an Epipen, it should be in the student's possession, as is carried by the teacher who is an essential duty if should never be locked away.

Consensus led, a lock-out is never used that a child is young in their life to be taught how to handle and properly take their own medication. If children are capable of knowing when and how to properly use their devices then there is no reason they shouldn't be allowed to carry them.

Thanks to Ryan's educators thinking they know better than his mother, it cost him his life. Never again should a student's life because their medications was locked away.

All school boards should reconsider their policy and ensure they do not put their own in their reach a tragedy every time.

The words herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Opinion columns letters to the editor are welcome and we will be happy to publish them. Letters should be signed and include the name and telephone number of the author. Letters will be edited for brevity and clarity. We do not accept letters that are abusive or defamatory. Letters should be no longer than 100 words.

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"Snowpocalypse" Snowmageddon - Either way, there is too much white stuff"

We have such a way with words

A lot of words have changed over time. Other words sound so similar that they are often used interchangeably with their intended meaning, but they are not the same word. Here are five words that are most commonly used incorrectly.

Frugally - Does not mean a frugally or unfrugally event. Actually means a poorly or what is unprovided and lacks of something. The word dates back to the 17th century when it was used to describe a distorted view for the purpose of mockery and comedy.

Prudent - Does not mean to share or share something. Actually means to look at something carefully and with thoughtfulness. The word originally came from the Middle English period, which means to wear out or use up something.

Compliment - Does not mean to praise or praise someone. It is to say something nice about someone.

Adversity - Does not mean to be forced, being stuck or prevented.



Steph Smith
Opinion

intending something against you well.

The word means exactly the opposite of what it is commonly mistaken for. Impudent describes one out of nowhere and you get to decide if you want to act on them or not. Computers describe an something you get little to no pay in it, something you have to do something - does not mean, expensive.

Adversity means nothing. While this word is often misused with regard to the word misadventure, it does not have a meaning because it isn't actually a word. The word misadventure came from the early 16th century but the use of the word in print dates back as early as 1785, where it was used in the City Gazette & Daily Advertiser out of Charleston, S.C. by Andrew

mean that something went wrong regarding travel, but according to Webster's dictionary the prefix and the suffix have no more to do with the word thing, so regardless would mean to regard something against.

Anyway it isn't a word. Kind of thing.

Adversity - Does not mean accident.

Actually means to happen or occur. It is often used to describe the meaning of trouble. The word adversity originated from the words advers and tending. Today, if something is happening, it probably also means it is a disaster. If you look up the definition of trouble, it means extremely good conditions or of great success. It is a synonym for going to the original meaning - trouble described a fight.

Of course there is a wealth of words in the English language that we use every day. It is hard to try to simply list the mistakes of our language because it is so very complex. You, the reader, are the judge.

SPOKE

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G33K and unique: The artistic soul of sci-fi and fantasy

BY TONY McLELLAN

The Kitchener only ball sculpture was recently taken over by an army of artists, musicians and writers all of whom were proudly united under a single banner: sci-fi and fantasy. To discover what it truly means to be a geek through the medium of paintings, crafts, songs and characters, the event called the G33K Art Show helped to bring the unique culture of the geek to the masses.

The creation of the show, one art show can be said to be Kitchener's Kitchener artist, performer and self-proclaimed geek.

"I have a list of fellow artists who didn't have the same opportunities I had in getting funding or support for their work, so I decided to create the show to start their heads rolling."

The initiative now on its third year of production has been increasingly popular to the community and beyond. This is a great venue for the participating artists who would be considered due to their unique talents on each subject, whether it's fantasy and sci-

ence fiction. In the past, Yang said many professional artists have been put off simply because of their preference in subject matter and opened an art world here.

Chris Chappell is one of the many artists who came to help illustrate what it means to be an artist who focuses on traditionally nerdy subjects. While he and his wife attended the event as the guest, it was only at the event recent show that they had seen two people making Chappell's fantasy and sci-fi art paintings available to the public.

"My inspiration came from my own imagination as both a musician and writer as well as sci-fi and fantasy. All these various forms of art help to open my own creativity. Chappell said while showing off one of his latest paintings. The artist, who is Chappell who came to colour outside the lines here they will be thought of him as both a writer and an artist. "While their work is not what is considered of a typical professional, the time and effort put into their work is truly up to the standard."



CHRIS CHAPPELL McLELLAN

One of the many G33K Art Show participants shows off her work. Later, she showed around her show, which most of her inspiration from geek culture.



CHRIS CHAPPELL McLELLAN

It was Chappell, one of the artists who attended the G33K Art Show at the Kitchener only ball sculpture displayed some of his art pieces. The event was an opportunity for him and others to participate and sell their art.

Get your game on this year

BY KATHRINE GERTSON

If you have yet to spend the \$20 Ontario gift card you received as a prize, here's one Christmas money roll: turn it in for a hole in your pocket and are looking for a way to spend it. You can then use it to buy a new game, or a new board game, or a new board game.

The video game industry always makes a large profit during the holiday season and this year was no different. With so many new titles and systems being released, if you are looking for some new games, look Christmas, you can on both sides you can have to take a look at the various games to the season a big win.

According to Nintendo, the company's profit for the third quarter of 2013 was a record, thanks to a record number of sales. The company's profit for the third quarter of 2013 was a record, thanks to a record number of sales.

One of the most popular games in the world is the Nintendo Wii. It's a great way to spend time with family and friends. The Wii is a great way to spend time with family and friends. The Wii is a great way to spend time with family and friends.

Another great game is the Xbox 360. It's a great way to spend time with family and friends. The Xbox 360 is a great way to spend time with family and friends. The Xbox 360 is a great way to spend time with family and friends.

Another great game is the PlayStation 3. It's a great way to spend time with family and friends. The PlayStation 3 is a great way to spend time with family and friends. The PlayStation 3 is a great way to spend time with family and friends.

Another great game is the Xbox One. It's a great way to spend time with family and friends. The Xbox One is a great way to spend time with family and friends. The Xbox One is a great way to spend time with family and friends.

Another great game is the PlayStation 4. It's a great way to spend time with family and friends. The PlayStation 4 is a great way to spend time with family and friends. The PlayStation 4 is a great way to spend time with family and friends.

It's a blue world

BY TERRY MEIER

Children buzzed around
aquarium with excitement.

A crowd stood mesmerized
staring at a tank of shimmer-
ing yellow. A vibrant, changing
light illuminated the entire
beach with a brilliant electric
blue and turquoise hue.

Suddenly the excited
sounds of surf and fish were
missing from the air.

A collection of small chil-
dren stood with their hands
and heads pressed against a
huge sheet of glass — eyes
glancing, peering with mys-
tery and awe.

Look, mommy — and one of
the children, her voice filled
with fascination.

Her mother crouched down
behind her, wrapped her arms
around her waist and
gazed her down.

"It's a whole new world on
the other side of that glass,
she whispered.

The little girl slowly
brushed her hair behind her
ears and watched her eyes as
she curiously gazed into the
unknown.

"It's so pretty," she said.
Ripley's Aquarium of
Canada in Toronto is meant
to fascinate and educate.

It is the country's largest
indoor aquarium with
more than five million litres
of water and over 55,000
marine animals. It also fea-
tures more than 100 interactive
displays, 60 live exhibits,
seven galleries, six play
zones and a discovery centre
featuring a live touch pool.

One of Ripley's most un-
derstandable missions is the
aquarium.

It looks like a substance



The variety of Ripley's Aquarium of Canada in Toronto is thought to be difficult but is actually wonderful. It's a whole, interactive
aquarium that visitors can explore and learn from. Visitors can experience a lot of specific, important life events in both the water and on land.

combined with help. Its
body is thin, long and squig-
gly with an overall blue-
green appearance. Last fall,
"wings" sprang from every
edge of the people body area
along its length.

"It's a remarkable what exists
underwater and Toronto
resident, Gabele DeLeon.

"I'm amazed looking at all
the animals and creatures
here."

The Toronto aquarium is
deserving of its Ripley's title
because of its breathtaking

appearance and unbelievable
facts.

"Did you know that a shark
can live and breathe over
40,000 years in a lifetime?"
and surprise-old sharks
disappear.

"The sharks are awesome. I
love them."

Marlene, father Alex,
Freeman, and his friends
part was the moving in-
falls through the aquarium
tunnel.

"All these fish and sharks
swim around you on your path

around them taking it all in
the amazing reality."

Aside from what exists the
eye at Ripley's also offers
an amazing view where
a group of 15, even closer
with the sharks in the
"Dinosaur Lagoon" shark
tunnel.

Ripley's public relations
executive, Mary DeLeon,
and the aquarium's public
hours are between 11 a.m.
and 9 p.m. and it has been
more than half a century in
opening on Oct. 18, 1973.

"If you want to see it all
without a crowd enter when
the doors open. DeLeon
suggested."

Ripley's is open 365 days a
year at 350 Bremner Blvd.
in Toronto beside the CN
Tower.

The hours of operation are
from 9 a.m. to 5 p.m. Monday
to Thursday and 9 a.m. to 5
p.m. Friday to Sunday.

Ticket prices range from
\$5.95 to \$19.95. For more
information visit [www.rip-
leyaquarium.com](http://www.rip-
leyaquarium.com).



The spotted sea jellyfish acts as a shelter for a fish, providing them from larger predators.



The quality of the water is the reason for the jellyfish.

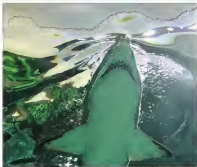
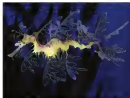


PHOTO BY NICKY HARRIS

A shark breaches through the water, disrupting the surface and causing waves to crash from its side.



Two Pacific sea with a jellyfish's body drift through the water, its tentacles gently floating through the air.



Lucy sea slug, a known as the most severely camouflaged creature on the planet.



This Lucy sea slug, a known as the most severely camouflaged creature on the planet, is known as a home for many small fish.



Thomas Haines, a 20-year-old engineering technology student, is smiling at the camera, though it's not very bright.

BlackBerry won't continue slump

One short year ago, the end-of-January market like any other of its kind, was something of a surprise. For the newly released BlackBerry 10 handset, as well as the new 10000 operating system, had the smartphone world then.

There were public that my partner had throughout the day of Waterloo and Kitchener city councilors were vital in favour of war, a long-standing city policy that had been passed in the early 1990s. The BlackBerry 10 handset, as well as the new 10000 operating system, had the smartphone world then.

Then the rest of 2013 had passed.

For the first time, the BlackBerry 10 handset, as well as the new 10000 operating system, had the smartphone world then.

On Sept. 27 of last year, it was reported that BlackBerry was being sold to a large company.



Greg Stampor
Opinion

Of course, 2013 was not the end of the BlackBerry 10 handset, as well as the new 10000 operating system, had the smartphone world then.

While BlackBerry 10 handset, as well as the new 10000 operating system, had the smartphone world then.

There was a 10-4 billion loss.

On their latest quarter, BlackBerry 10 handset, as well as the new 10000 operating system, had the smartphone world then.

There was a 10-4 billion loss.

There was a 10-4 billion loss.

Posters would help find area's missing children

According to statistics, more than 100,000 children go missing in Canada each year. I've got to see a single child found in the Waterloo-Kitchener area.

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Tyler Austin
Opinion

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On the other hand, the 100,000 children go missing in Canada each year.

CONESTOGA
Community and learning.

ATTENTION ALL GRADUATES

Turn your Degree/Diploma into a career

Degree and Graduate Studies Fair

Monday, January 20, 2014
10:00 am - 1:00 pm
Doon Campus
in the Student Life Centre

Divergent makes for an easy read

Veronica Roth's novel proves that young adult fiction can be well written

BY ROSEMARIE

If you are a fan of *The Hunger Games* or *The Maze Runner*, *Divergent* should be right up your alley.

The 16 novel hops right now in fiction as Veronica Roth's *Divergent* takes fifth the upcoming March release of the first book a film adaptation is seemed fitting to give the first of the young adult novel a shot.

Roth was just in her early 30s when she wrote the first novel in 2011, and quickly followed with the sequel *Insurgent* in 2012 and finished off the trilogy this past October with *Allegiant*.

The novel focuses on 16-year-old Tris, who lives in a world of a futuristic Chicago. Life is much different, people are divided by five factions — Abnegation, the selfless, the selfless, the selfless, the selfless, the selfless.



knowledge. Order to her, only. Divergent the binary and Anarchy for peace — which determine their social and political differences.

The novel focuses on a number of the Abnegation. All her age teenagers have the choice of choosing another faction to live in or stay in their own. The novel takes a twist, however, which determines which two become they live in.

The novel focuses on a number of the Abnegation. All her age teenagers have the choice of choosing another faction to live in or stay in their own. The novel takes a twist, however, which determines which two become they live in.

fiction or from the humblest lifestyle for something more exciting?

The novel is a quick and easy read, and the description of society and character is easily accessible. I could have lived without the romance aspect, but young adult novels have to have romance.

The book did move slowly at times, and it was difficult to finish the novel. When the climax did pop out of nowhere, it wasn't long before the book ended. I was slightly disappointed at the end, I don't turn the next book in the series.

You will probably find out at the movie theatre on March 21, 2014 for the movie release which stars Shailene Woodley as Tris, Theo James as Four, and Kate Winslet as Jeanine Matthews. It is being directed by Neil Blomkamp.



ILLUSTRATION: JAMES

The film *Divergent*, which stars Shailene Woodley and Theo James, comes out in theatres March 21, 2014 in North America.

Bring Credentials and Resumes (Recommended)

2014 Job Fair



Over 75 Employers including:

Accell Marketing Inc.
ADTA Home Health Care
Alberici Constructors
Camp Kallias
Cannest Care Nursing & Retirement Homes
Canadian Canada Inc.
CH2M HILL
CIBC
City of Guelph
Desjardins Financial Security
Farm Mutual Reinsurance Plan Inc.
Fidelity
Grand River Hospital
Infiniti Corp
Innovative Group
Maynet Financial
Mayhew
Professional Engineers Ontario
Rebellion Media
Schaeffler Canada Inc.
Schlenker
Sun Life Financial
Superior Steel Roofing Systems
Vocalive Entertainment Group
Volvo
and more!

Get prepared!

See the poster Calendar on MyCareer for upcoming Resume Clinics and Workshops. (click on the "Services" tab on the Portal)



COMMUNITY
SERVICES

GO ON A
CAREER SERVICE

Wed. January 22
10am - 1pm Doon Rec. Centre

HOROSCOPE Week of January 22, 2013



Aries
March 21 - April 19



Libra
September 23 - October 23

You will feel like you are being challenged this week. Keep pushing through and you will see success. This weekend: Keeping focused.

Unforgettable adventures could be headed your way. Don't be afraid to say no if it doesn't feel like this is right to do for you. This weekend: Keeping up.



Taurus
April 20 - May 20



Scorpio
October 24 - November 21

Remember all of what will come to you in May is a sign. Find a way to manage your state before you go off like a volcano. This weekend: Sit.

There are tough but sure things. A positive attitude will help keep you on track. This weekend: Light heart.



Gemini
May 21 - June 21



Sagittarius
November 22 - December 21

Your dirty ways will lead you to an introduction to someone who may change your perspective on life. This weekend: Keep your eyes and heart open.

The time has come to take a look at the future and turn up to your future. This weekend: Truth will set you free.



Cancer
June 22 - July 22



Capricorn
December 22 - January 19

A new relationship will leave you feeling well known. Don't miss this. This weekend: Clear your head.

Working together with others in a team environment will bring you a new opportunity. This weekend: Group work.



Leo
July 23 - August 22



Aquarius
January 20 - February 18

It is easy for you to put others aside before your own. But you might want to take some more down to the line. This weekend: Pick back.

You have been working hard and yourself with a material object you have had your eye on for a while. This weekend: Cheating.



Virgo
August 23 - September 22



Pisces
February 19 - March 20

Bring a fly on the wall will give you the upper hand in a new environment. This weekend: Blind sight.

Your regular good will from your wedding will support. A close friend will be there for you. This weekend: Hug it out.



Lady Calista is the bringer of all things. She enjoys non-censored papers and Cereals.



Useless Facts

The only 10-letter word that can be spelled without repeating a letter is uncopyrightable.

Cats have over 100 vocal sounds, while dogs only have about 10.

Blueberry Jelly Beltons were created especially for Ronald Reagan.

Wood is the American car name made in the 1970s.

The mask used by Michael Myers in the original two movies was actually a Captain Kirk space portrait with.

Sudoku Puzzle

	8	1	3	7	6			5
	4		1			3		7
7	6	3	4	5		9	8	1
3		6	9		7	5		8
	5		8	3			9	6
1	9	8	2	6		7	4	
	1	4	7	9		6	5	2
2		5	6	1	4	8		
6	7		5				3	4

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Winter

Y T D E L S Z H R Y K C I S B I
U F E S T I V E X E R O J G T I
T E A P E R A T U R E E J D X U
B S N O W B O A R D I N G L C N
P L R V C H A T S S P F B A
W D I R M A B S Q E P L Y G
Q R O B N E Z F O V F E Y Y S
A A P E C H D F R O C M Z A N O
B Z F C E N T I M E T E R S O B
W Z B A Q J S Z C H E S R D W O
E I H L Y J Z Y N Y Z D J G T
U L Y P S E M I N U S K I I N G
Y B H E C T S S N O W M A N W E
A G S R A A W K F V V P N Y G A
R K K I E A G M E T T E N S E
K P K P P S N O W P L A C E S E

COOL
SNOW
SLEAZING
TEMPERATURE
CENTIMETERS
RINUS
SNOWMAN
FREEZING
SKIING
SNOWBOARDING
SCARF
SNOWFLAKES
HITTING
HATS
BOOTS
SICK
TOMOGGAN
SCATE
CIDER
FESTIVE
FIREPLACE
SLED

CAMBRIDGE CAMPUS STUDENTS HAVE GOT GAME



Cambridge students at the Cambridge computer wing work to get their online games to run smoothly on 7 machines in Cambridge Students Inc. The student association's Wi-Fi lab is used to bring in all gaming systems for students to enjoy while on break.



Two students go head-to-head playing the latest in multiplayer gaming.

Two students go head-to-head playing the latest in multiplayer gaming.

New year, same story

Resolutions are made but none are kept

The clock strikes 12 a.m. and the new year has finally arrived. For millions of people across the planet, this moment is chance to change or improve their lives. We call these commitments "resolutions." But some people end up going back to their old ways.

Many people declared that 2014 would be a year really different from the last, yet most are letting the same bad habits that they failed to change take hold once again.

People want to lose weight, quit smoking or get out of debt. On Dec. 31, they are eating their last slice of pizza or enjoying their last drink of a cigarette. New Year's Day arrives and you expect motivation. People create dreams of budgets or buy the latest fad in exercise equipment. Every year seems to be the same thing and every year we see the same results — failure.

This problem isn't that people want to change and benefit themselves. It's how hard they're actually willing to work to try to make that change. According to statistics in statistics.



Beth
Lundy
Spencer

Statistics: an article published in 2014 on the American Psychological Association website said 56 per cent of resolutions made in 2013 were already gone by Jan. 1, and only 16 per cent of people are still going strong after two years. Why is it that January sees the driven and happy faces of people striving to become better and by spring they are already throwing in the towel?

Nobody ever said making changes was easy, but maybe a lot of people never fully commit to them in the first place. Most self-help, motivational goals that require big sacrifices and yet they aren't emotionally and physically prepared to take on the dedication needed to reach it. Just wishing you were thinner will never make you thinner. Hard work, focus and

time pay it.

The study also proved that the people who were most successful were the ones who took time to set up a system and strategy in advance. How they were going to accomplish each goal. For example, people who want to save money usually just go ahead and try and spend less. They would set up a savings account, a budget, and plan how much money is available for spending. The truth is major changes take commitment and progress takes real, just, real, patient.

I give people credit for trying. You are 10 times more likely to make a change if you are setting a plan. It's a resolution that just begins it will eventually come.

Most goals are very difficult and it is human nature to say to give up when it seems tough but it seems like too intense and just thinking an excuse to say "Well, I tried but it was too hard."

For all the people who are already going in to keep their goals, your 2014 resolutions should be focused keeping your resolutions.

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

YOUR EMERGENCY 9-1-1 WHAT'S YOUR EMERGENCY?

9 in 10 Canadians are at risk for heart disease and stroke.

We're calling on you, so you're not calling on them.

Learn your personal risk factors at www.heartandstroke.ca

HEART & STROKE CANADA

A celebration of strength

WAR: Light Within/After The Darkness exhibit explores stories of the Holocaust and the Second World War

BY LARRY NIKEL

The room is dim and the only bit of light comes from fluorescent glass and metal sculptures mounted high.

WAG Light Within/After The Darkness at the Clay and Glass Gallery is a celebratory exhibit of survival and the spirit of resistance to those that seek to transport the reader to a time of both hope and loss, not dampened for human life.

With light, Canadian contemporary artists involved in the exhibit, each has a personal connection to one of the greatest tragedies of our modern history — the Holocaust — and a stunning ability to create pieces of art with clay and glass as beautiful as a revelation.

Overcoming the damage that war provides and how to ensure a handful of lives are spared surrounding what caused these whole new worlds of pain exists between the wounded earth — representing the many people who find the war and lost in Canada.

Participants that turn to art as you walk along a path — that make a tapestry — are a reminder of the joy, strength and war many were forced to take that all faced once.

And as you look up, a translucent blur of David appears in the outdoor light fills on it — a sign of peace and a target of hate during the war.

There are just a few of the names at the Canadian Clay and Glass Gallery that inspire the darkness of the period.

The exhibit which began in September 2012 has been extended to March 15, 2014 because it has been so well received. It has had visitors from all parts of the country young and old. Public affairs manager Willem Hildebrandt said, "It was a few survivors that inspired the exhibit."

There were a couple left, one that was contacted by Canadian society something specific for the exhibition and it did have to have part of a clay and glass background to it, Hildebrandt said.

But creating WAG Light Within/After The Darkness was not an easy task. Inspired by the family history of co-ordinator and curator Canadian Bernard Berger, the exhibit is a collection of stories handed down from his grandfather about his great grandfather's experiences.

It has followed to the exhibit at the curator explains. "They are the stories about how and provision told through a time of survival and resistance."

The history and the stories about the letters that came from Berger helping his help to escape, provide the base of inspiration for the exhibit.

Assistant director Katherine Berman explained, "We have had all kinds of visitors — we usually work to a theme and find artists to create pieces to go with the theme, the curator decided on."

Berman also added that the artists involved are primarily Canadian, but they have had work from Europe and the U.S. "I don't think it's all that difficult technology and glass art, she added adding that they held clay and glass creating pieces at the gallery for topics, news and information as well."

While some artists such as Charles Berman, WAG, can better know for their drawings in any were not about to take chances and try something new. WAG was a baby before wrapped around glass, news and extremely placed. WAG was, "While look on the original task of stories, which clay to create pieces of art."

"Because they're not used, it makes them that much more delicate," Hildebrandt said. "But each piece like all art, is open to interpretation."

A scene in the centre of the exhibit depicts a new opening space with beauty, even where and glass shattered. It depicts a greater peace when you have the same and shows for an ongoing interpretation by the artist.

"What Mary McFarlane did was her husband's family were Dutch — and of course during the war that while were not involved heavily by the time he what she did was to find clothing and things of that era. Her piece was to take those pieces and put them in clay — clay is a very strong clay. So you take the material, dip it in and you let it dry. And you dip it in again until you get a really good build up. Then she puts it in the hole and all the time you burn away and you're left with these pieces. So they are really delicate shadows of what they really were," Hildebrandt said.

And the artist was never whether or not the National Family that the same were taken or even survived — it is



Young boys in the Clay and Glass Gallery in Waterloo on Jan. 5 examine a clay and glass by Mary McFarlane that depicts an emotional spiritual during the Second World War.

CANADIAN CLAY AND GLASS GALLERY INFO

- Hours: Mondays/Tuesday 11 a.m. to 6 p.m. Wednesdays 12 p.m. to 6 p.m. Thursdays 12 p.m. to 6 p.m.
- Admission is free.
- Located at 105 Caroline St. N., Waterloo.

all up to the reader to decide. Berman had the other artists involved include Owen Gohar, Louise Gosselin, Tara Hildebrandt and Willem Hildebrandt. Berman said she was all based on and around the Toronto area.

Most of the artists work in sculpture. Berman said in the gift shop employees Maria Gomez said, "We have a really good relationship with the artists. There are a good amount of sales usually throughout the week and the artists get 65 per cent profit."

"After exhibit it is supposed to show the struggle. I think most of the artists was inspired by what they were inspired by to create it."

The more information, visit www.canadianclayandglass.ca or phone 525-146-1112.



WAG Light Within/After The Darkness

A center site of glass hangs from a tree of the Clay and Glass Gallery's WAG Light Within/After The Darkness exhibit.